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Enjoy Low Impact Exercises with the Fresno County Public Library



1 Participants exercising during a Sit and Be Fit program at Ted C. Wills Center.

Since no designated senior center exists within Fresno's city limits, opportunities for older citizens to enjoy socializing and sense of community remain limited. To help fill this ongoing void for many, the Fresno County Public Library is proud to announce the expansion of its popular Sit and Be Fit program. The program provides a fun, safe, and free way for seniors and adults with disabilities to improve health, balance, and dexterity in a supportive, welcoming environment.

Founded in 1985 by registered nurse Mary Ann Wilson, "Sit and Be Fit is here to help you improve your life through functional fitness. Enjoy the freedom that comes with good health."

(<https://www.sitandbefit.org/>). Beyond these free, accessible fitness programs, the Library will include informational presentations on current hot topics for seniors while creating social opportunities as well.

Participating locations include five Library branches and four community centers, in conjunction with Fresno PARCS free meal program for seniors.

(<https://www.fresno.gov/parks/activities-recreational-programs>). Specific dates and times are found on the Library website. (<http://fresnolibrary.org/events/2019/Sit-and-Be%20Fit.jpg>).

This exciting program has been made possible by a grant from the U.S. Institute of Museum and Library Services under the provisions of the Library Services and



Technology Act, administered in California by the State Library. Community partners include the City of Fresno's Parks, After School, Recreation and Community Services Department (PARCS), the Fresno Madera Area Agency on Aging and the California Endowment.

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